



YOUR NUTRITION GAME PLAN



Eating On the Fast Track

Gotta eat, but don't have much time? Quick service restaurants, vending machines and convenience stores are a reality for many athletes. Is eating "fast food" a nutritional catastrophe?

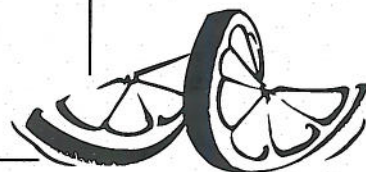
No, it's possible to eat a balanced diet when "eating on the go," but it takes some planning. To find out if your diet is heading in the right direction on the fast track, take this quiz.

- | | | |
|-----------------------------------------------------------------------------------------------------------------------|-------------------------------|--------------------------------|
| Most of my meals contain at least three different foods..... | <input type="checkbox"/> True | <input type="checkbox"/> False |
| Over the course of a week, my meals consist of at least 10 different foods | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I plan what I'm going to eat before I get hungry..... | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I keep non-perishable foods with me so I'm never caught without food if I'm hungry | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I make sure I get at least 6 servings of breads and cereals each day | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I try to choose foods based on what else I've eaten that day so I
can round out what my body needs | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I try to get at least 3 servings of milk, yogurt or cheese at meals or snacks each day | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I keep water, juice, milk or other beverages close at hand throughout the day | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I make sure I eat at least 2 servings of meat, poultry, fish, dairy products,
legumes, eggs or nuts each day | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I eat at least 5 servings of fruits and vegetables each day | <input type="checkbox"/> True | <input type="checkbox"/> False |



Give yourself 5 points for each statement you marked "true."

- 45 to 50..... You have mastered eating on the go
 30 to 40..... You are avoiding major hazards
 20 to 25..... High risk for nutritional derailment
 < 20..... Warning! Nutrition catastrophe!



In the world of nutrition nirvana, food choices would always be based on what's "good for us." In reality, research shows that most of us make food choices based on preference, cost and availability. In other words - tasty, affordable, convenient foods tend to be the mainstay of many diets.

But making food choices based only on these criteria can lead to "nutritionally challenged" diets. Making sure your body gets its share of the essential nutrients takes effort, but that's what athletes need to do. Your choices determine whether your diet stays in balance when eating on the fly.



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